

**IDAHO CONTENT STANDARDS**  
**GRADE 1-2**  
**PHYSICAL EDUCATION**

**Standard 1: Skilled Movement**

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
<b>Goal 1.1: Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.</b>	1-2.PE.1.1.1 Demonstrate and identify mature forms of a variety of locomotor, non-locomotor and manipulative patterns with control.	1-2.PE.1.1.2 Demonstrate movements using concepts of effort, relationships, and body and space awareness (directionality, kinesthetic and temporal).	1-2.PE.1.1.3 Demonstrates a combination of movements.			

**Standard 2: Movement Knowledge**

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
<b>Goal 2.1: Demonstrate understanding movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.</b>	1-2.PE.2.1.1 Identify basic movement concepts that vary the performance of movement.	1-2.PE.2.1.2 Improve performance by varying quality of movement.				

**Standard 3: Physically Active Lifestyle**

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
<b>Goal 3.1: Participate daily in physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</b>	1-2.PE.3.1.1 Participate daily in moderate to vigorous physical activity during and outside of class. (Recommended by NASPE: At least 60 minutes and up to 2 hours per day with several bouts of physical activity lasting 15 minutes.)	1-2.PE.3.1.2 Explore and participate in health enhancing physical activities.	1-2.PE.3.1.3 Express feelings about participation during physical activity.	1-2.PE.3.1.4 Define one activity associated with each component of health-related fitness.		

**Standard 4: Personal Fitness**

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
<b>Goal 4.1: Achieve and maintain a health enhancing level of fitness.</b>	1-2.PE.4.1.1 Participate and sustain moderate or vigorous activity.	1-2.PE.4.1.2 Identify the physiological signs associated with physical activity.	1-2.PE.4.1.3 Know the components of health-related fitness.			

**Standard 5: Personal and Social Responsibility**

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
<b>Goal 5.1: Exhibit responsible and social behavior that respects self and others in physical activity settings.</b>	1-2.PE.5.1.1 Apply teacher rules, procedures and safe practices with little or no reinforcement.	1-2.PE.5.1.2 Work cooperatively with a partner to complete tasks.	1-2.PE.5.1.3 Exhibit self-control in movement.	1-2.PE.5.1.4 Recognize and support differences.		